

MONDAY OCTOBER 11, 2010

CONTRIBUTOR: CLAUDIO RITCHIE, 1991

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1404 YEAR - NO. 1

## An afteroon with Margaret Trudeau

BY CLAUDIO RITCHIE

A different kind of Trudeau was here. In a conference room at St. Michael's College-Saint Paul Institute, Toronto, former wife of the prime minister Pierre Elliott Trudeau, Margaret Trudeau, 62, took to the stage to speak honestly about her mood swings, depression and sense of humor in front of the public eye over the last several decades.

The school's students and staff, health professionals and members of the community filled the auditorium where powerful women - such as maple leaves on a ceiling ledge, the sun glowing over a waterfall, large pine branches, young people curled up in circles and hands in hands - were displayed prior to Trudeau's speech about her personal experiences with mental illness.

They also, the Gladstone Hospital board chair recalled, welcomed the audience and explained the significance of the maple on the background. "Each photo was taken by someone as an outlet for mental health journeys," she said, adding that it was a simple idea to engage students in an understanding of mental health perceptions.

Jim Hallinan of the John S. McCallum Foundation and Telus' about mental health and recovery stages an important role in understanding.

What has amazed me is the determination and desire to overcome obstacles in mental health,"

With SMC, the John S. McCallum Foundation and



Margaret Trudeau, the former wife of the late Prime Minister Pierre Elliott Trudeau, discusses her struggle with mental illness at a packed auditorium at St. Michael's College-Saint Paul Institute on Oct. 9.

Gladstone Hospital officials

were on the event. Trudeau began her facilitation talk at the very beginning of her relationship with Pierre at Club Mist. At the time age of 18, "I wasn't reading, I wasn't communicating," Trudeau said, and at the time, apparently she would eat all day and never go to bed.

"He didn't know it, he going to rock bottom was mental illness," he thought. "I was perfect and so did I," Trudeau said, laughing.

After two years of privately seeing Pierre and Margaret, she said she began her life as the "crazy jewel" of the federal parliamentary system.

"I was crazy. He was crazy. We were crazy. We behaved like public life," Trudeau said, adding that their behavior and actions largely contributed to her period of illness.

"It was like the light had been turned off on me,"

Her depression came in waves of mood swings and bouts of mania, when you feel an extraordinary euphoria after a family intervention or

a trip down the road, "I lost

my gripes of my life,

my goals, my treatment, I lost control of it and became more

I could have been diagnosed right away and they would have been a plan," Trudeau said.

Decreasing the loss of her

son, Michel, at a young age, contributed to her depression. "Pierre" died three years later, and remained in touch with his family until his death in 2009.

After a family intervention or

medication, "I got better,"

she said, "but I still had

depression, which had been

caused by the illness for a

long time and took medication. With much of her book for sale at the SMC library and a lineage of supporters, we sat in silence in her audience, listening. My head, cold and heavy, immediately.

## Residence uses students to recoup losses

BY CLAUDIO RITCHIE

When damage is done at Concourse Residence & Conference Centre, it's the students living there who pay the price.

On a stretch of asphalt base, the mix of raw damage, including everything from windows and doors to windowsills, the stonework, that isn't so based on a specific person, is divided between the students living in the building. This unknown or anonymous damage.

"We want to encourage people to take responsibility for their actions and to realize that they make," said Diane Prentiss, residence life coordinator. "Not all of us can, we try to teach them to reasonably charge for damage caused by the loss."

Concourse isn't the one dormitory that's responsible for all the damage. Sometimes it's only certain floors that see the most extensive problems.

"It doesn't need to necessarily affect the entire community," Prentiss said.

The charges for September would have been \$20 cents per student living in a room of 800. Individual dorm rooms were the cost of a table that went missing.

"We decided not to charge anything on September," Prentiss said, "just to make students aware of it, so that they kind of understood the idea behind it."

Mike Difesa, the residence operations manager, thinks that the charge is as effective as different.

"There's a lot of names,"

Difesa said. "The students will be asked, 'What did you do? Why do I have to pay for something else?' and they usually admit what they've done."

Difesa said that, if they were able to identify a suspect, that would change things somewhat of everyone.

"That's what we prefer to do, but there are times we just can't identify who did something," Difesa said.

Some students disagree with the charge.

Thomas Del, a first-year

computer programming major, studied who lived in residence rooms over summer that eventually charged students.

However, when told about them, he said, "We got our because I don't do it."

Information about the zero damage charges is on the front of students' residence signs.

"It's not anything new or hidden, they're up front and understand that part of the lease."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students.

If you could be any fictional movie or TV character, who would you be?



"Captain Picard because he's cool, awesome, in the every way."

**Roxanne Lefebvre,**  
second year  
business marketing

"Lorenzo O'Garcia from Reception because going in a dream and being able to do whatever you want would be crazy."

**Karen Masters-Johnson,**  
third year  
broadcast - television



"Tina Stoen in Grey  
Saved Love because hello,  
Ryan Seacrest."

**Karen Stephenson-Jay,**  
second year  
early childhood education

"Tim from Adventure Time  
because he's awesome and  
the fact that he can Fly to  
Mars."

**Phil Madsen,**  
second year  
broadcast - radio



"Alford from Bully because  
he's a wussie. Plus, I mean  
who doesn't love Michael  
Caines?"

**Jessica Bellino,**  
second year  
broadcast - television

"Lumpy Space Princess  
from Adventure Time  
because she's so stinkin'"

**Elleary McAllister,**  
second year  
broadcast - television



(Hello Conestoga, you could be our next respondent!)

## THE SUN IS SHINING DOWN ON CONESTOGA COLLEGE



Photo by ADRIENNE KARASZ  
The sun rises over Conestoga College, welcoming students at a new day. This year it will continue to be sunny, although there is a chance of rain late in the week and temperatures will be below normal.

## Renew your licence online

BY RANDI CLARKSON

People about to renew their long line of license plates at ServiceOntario. There may be a new way — and possibly an easier way — for you to renew your driver's license.

Ontario will be the first province in Canada to allow drivers to renew their license online. Don't worry about having to renew your plates through. Currently, drivers have to renew their license plates via person, every two years. However, eligible drivers who renew online at ServiceOntario car drivers license will be able to renew their current license

photo for an additional five years.

This means that people will only need to renew in person every 10 years.

Renewing online is not the only thing you'll be able to do on that website. You can also get license plate stickers and obtain driver and vehicle record cards at the same time.

ServiceOntario processed more than 1.6 million drivers' license renewal transactions last year. Having that online availability to renew will make it easier for people to access important government services, when they need them.

John Milley, minister of government services and "We are committed to making it easier and more convenient for the people of Ontario to access important government services."

The new renewal service is added to the more than 40 services already offered online. These services are covering license plate stickers, applying for birth, death or marriage certificates.

You can also use Internet services, in addition to major credit cards.

For more information, go to their website [www.serviceontario.ca/drivervinonline](http://www.serviceontario.ca/drivervinonline).



**PITA PIT'S  
"PLAY OF  
THE GAME"**



Pita Pit, located at 580 Fairview Rd. E in Waterloo always promotes healthy eating. In collaboration with that, they are supporting Conestoga's tennis program by awarding Plays of the Game to athletes who performed exceptionally well in recent games. Each winner receives a free pit of their choice. Ten most recent winners are:

Orchard	Weekend Festival	Orchard	Weekend	Weekend	Weekend
Orchard 10	Waterloo Festival	Orchard 10	Waterloo	Waterloo	Waterloo
Orchard 11	Waterloo Festival	Orchard 11	Waterloo	Waterloo	Waterloo
Orchard 12	Waterloo Festival	Orchard 12	Waterloo	Waterloo	Waterloo
Orchard 13	Waterloo Festival	Orchard 13	Waterloo	Waterloo	Waterloo
Orchard 14	Waterloo Festival	Orchard 14	Waterloo	Waterloo	Waterloo

# Potatoes really can fly

## BY APPLIED PHYSICS

It's a bird! It's a plane! No, it's a delicious potato veg rocket!

On Oct. 8, students from the physics and astronomy program at Cambridge's Conestoga campus put their building skills to the test. They were tasked, as part of their job, to build a launcher that could propel a single potato toward a target several dozen metres away.

Finally, friends and spectators were all invited to watch the potato launch.

Haley Koenig, who taught us the problem solving and design process and organized the grid shooting, was glad students had gained insight on how more functional, organized and most importantly safe.

**They learn a lot from building these PP**

— Haley Koenig

"There took us in trying to just to make something unique, so we approached our idea 'creatively,'" he said, adding that each of the launchers had to pass a safety inspection before they were allowed to take a position shot. "The requirements — or constraints — were just having a base to make sure they were safe in the event one of the launchers had just been."

There were a wide variety of launcher designs on display from catapults and trebuchets to gun-like designs. Both of the concrete construction courses had launchers — one of the necessary criteria they had to launch a potato and hit a target, and one for distance where the furthest launched spud was.

## Get your free shot, it's almost flu season

### BY ANDREW STAMPER

The leaves are falling and the temperature will drop, but you can only count on things, the season is just around the corner.

Influenza, or the flu, is a viral respiratory infection that affects the nose, throat and lungs, similar to the common cold.

The peak time for the flu in Ontario is April and in extreme cases, hospitalizations and death can occur among high-risk populations. This



Above, second-year robotics and mechatronics students, left to right, Steve Platner, Eric Quinlan and Matt Ruzic, prepare their potato launcher which they named "Birbo." Below, Matt prepares to fire his team's potato launcher.

John Tolentino, co-ordinator of the robotics program at Conestoga, said the event is a competition every year.

"They have a bit from local companies and recycling there," he said, "but the real winner is that they have to work on it from scratch."

Robotics and mechatronics students have several teams entries like this one, each year that beat their building abilities, including making a device to hold up one end of a stick so that it can be dropped from the second floor of the Cambridge campus building without breaking, and creating mechanized designs that can pour coffee and move a doughnut.



includes those with medical conditions such as diabetes and asthma or those with weakened immune systems such as smokers or very young children.

The flu differs from a run-of-the-mill because of a few distinct symptoms.

It is very common for the cold virus to experience high fevers (99°F to 104°F), headaches and extreme exhaustion, while those symptoms are not present during a common cold.

Other symptoms include a dry cough, stuffy or running nose, a sore throat, and aches and pains, all of which are usually present the first or more days.

To avoid getting the flu, the Region of Waterloo's Public Health website urges people to wash their hands frequently with soap and water and keep water, air or alcohol-based hand sanitizers, get or agree to clean their hands regularly, and most importantly, to get their flu shot.

Shannon Olin, a registered general nurse in the Health Services office at Ruthven Care, said, "It is important to get a flu shot because there are so many strains out there, that your immune system can be surprised by them. It is very important to get one especially for the young and the elderly."

Students, staff and faculty of Cambridge College can get their flu shot for free at the Ruthven campus on Oct. 22 between 11 a.m. and 3 p.m., Ruthven Hall, on Oct. 30 between 11 a.m. and 3 p.m.

or Ruthven 2004, and on Nov. 4 between 11 and 3 p.m. in Ruthven 2004.

Campus for the Cambridge campus will be held Sept. 6 between 11 a.m. and 3 p.m. in Room A200-8 and 9 of the Waterloo campus on Nov. 13 between 11 a.m. and 3 p.m. in Room 108.

At the Guelph campus, a drive-thru will run on Nov. 10 from 11 a.m. to 1 p.m. in Room A11.

Although free of charge, you are required to bring your health card to the clinic.

# Food allergies nothing to sneeze at

BY CLAUDIO SARTORI

An article was published in the Hamilton Spectator on Sept. 15 about a mom who removed her six-year-old daughter from school because she has severe allergies to dairy, eggs and fish. The girl had suffered from anaphylactic shock seven times, most recently at school last February, and she had to carry two EpiPens (an epinephrine auto-injector device used by people who suffer severe allergies and anaphylactic shock) because of the seriousness of her allergies.

An allergy is a hypersensitivity disorder where the immune system reacts to substances in the environment as if they're harmful. Ninety percent of food allergies are caused by dairy, eggs, peanuts, tree nuts, wheat, soy, fish and shellfish.

Unfortunately, many foods contain or have traces of those ingredients. They can often commonly be found in baked goods, sauces and dressings. But food allergies, like most, easily disappear. Most occurs, normally, just until age 5, although food allergies can last a few years.

According to a 2010蒙特利爾的Canberra study on self-reported food allergies, approximately 3.5 million Canadians of all ages are affected.

A large problem with allergies is that there is no way to guarantee that these facilities will be food-allergy-free.

People who need allergies to these ingredients manage have little power for those who are, or sometimes they forget that what they're eating for lunch could cause someone to react. Offering up a person's allergies or even that they can cause death.

Sometimes it's not even respecting the food that causes a reaction. Teaching a mother that has food reactions at it and then eating or rubbing your own skin, can cause a reaction. These issues aren't the fault of the food or anyone who uses it as well.

Looking for these ingredients in meals over dinner because they tried to go by different names. For example, can be listed as casein, whey and albumin.

Avoiding these foods altogether in meals, but not eating them in condiments and other high敏度 areas, as well as regular hand washing, can help to alleviate the problem.

The voice forum represents the position of the newspaper, not necessarily the author.

## Letters are welcome

Opinion responses written to the editor. Letters should be signed and include the name and telephone number of the writer.

Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 300 words.

Opinion writers have the right to edit their letters.

any letter for publication.

Email letters to [www.spokeonline.com](http://www.spokeonline.com) with the subject line:

"Letter to the editor" or "Writing to the Spoke" or "Writing to the Dean" or "Writing to the Office" or "Writing to the Campus." or "Writing to the Editor."



10 days until  
Halloween!

# Reading definitely matters

I enjoy reading, which seems to be more and more now. It is a source of enjoyment for me, but for children it is extremely important.

Reading is a key part of early childhood education.

There are plenty of studies that show a direct correlation between a child's reading and their performance in school.

A report by an expert panel on early reading in Ontario states that about children who struggle in reading during Kindergarten to 3.

"Unfortunately, they have a much harder time keeping up with their peers, and they increasingly fall behind in other subjects. They are far more likely to suffer low self-esteem and, in these young years, are more likely to drop out without completing high school."

There is no question reading is an important part of education. Does it affect being accepted into post secondary?

"Perhaps the whole argument has reached extremes in recent years but research has shown that after reading is purely academic and not for real recreation. It could also be a misunderstanding of what reading is meant to do."



Judy Anderson  
Opinion

in life.

When I am reading a good book I feel at much more comfortable and personally enjoy involving them in stories. It is simply just more enjoyable. To become a great reader, it can be, but books give the freedom of having your own interpretation of a character when television gives you an action packed. And in the end, the character we live in when we are often seeing them come out of character and having a ring about their real lives and all of a sudden it can be very difficult to have any manner seen in a show at all.

This is not exactly about books being "boring," but more about books being "uninteresting." I don't even own a ton of books per year myself. I watch sports and play video games and do other things but I do read regularly and I

do enjoy it. Why is it that a lot of other people don't seem to? It could be a general reluctance or lack of interest and people taking initiative to seek books out. If people were interested in reading or looking about books then word of mouth cannot occur.

The Girl with the Dragon Tattoo is an example of a fairly recent book. It is one of the few I have seen people reading in public openly. Why does not? If you look at the one book everybody went out and read was not much more than a standard mystery story though popular with a magnetic lead character. This book had advertising and word of mouth going for it, and there were side projects both American and French.

If you are interested who has read this book and nothing else since, at least the Harry Potter series, and suddenly stopped reading one yourself why? I bet because you are not really into books! Could it be that the spark was never lit? Or is it because you haven't been told what you should be reading?

## SPOKE

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# Holiday time depresses students

Counselling Services can help you get through the tough periods

## BY KAREN DURRAN

The holidays are seen as a time for relaxation, a chance to get away from school and your job and spend some quality time with family. However, students don't always see it that way.

"With increasing deadlines, exams and the possibility of not even receiving time, most students dread the last days, more so than the rest of the year."

According to Marshall Chanda, a counsellor at Conestoga's Counselling Services at Doon campus, the holidays match the profile of anxiety. Approximately 15 per cent of the student body approached to use the services provided by the counsellors during that period.

"Each year we see more students coming in with full-time jobs but still trying to maintain some level of work involvement," Chanda said.

"The challenge of that is obviously there is a focus and point of their part to do that, but it is very difficult to imagine that someone who is committed to a student full-time work as well as being a full-time student."

Chanda believes that this causes students a lot of stress if you add the demands of working firmly with the students' ability to pack the number of hours in their day with those two

causes them to feel extra depression.

A lot of times students are coming back from holidays and getting out for mid-term exams," Chanda said. "For some it doesn't feel like a real school release break."

Another problem some students have who are not involved in school may not have the opportunity to return home to their families during the break. Whether due to finances or lack of time, certain students are stuck alone during the time.

As long as these students deal with these problems, they look to friends and other students within themselves. However, the main approach for solutions is for students to seek the help of counsellors in their campuses. It is a confidential, free and voluntary solution. You are not forced to share the details in return. However, counsellors are trained students or are culture-free depressives.

Students have proven that counselling is the most effective way to relieve stress and help ease depression compared to counselling with friends and family or doing things on your own.

The signs that someone is experiencing mild anxiety. The belief is that others will look down upon individuals who

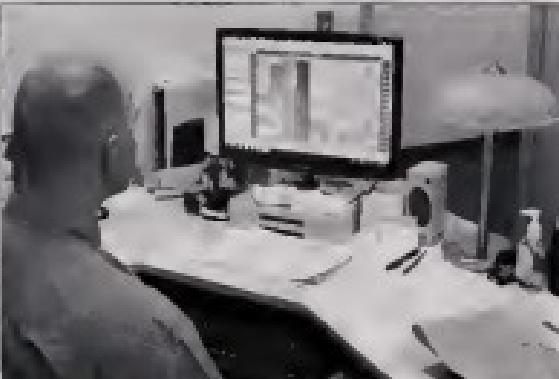


PHOTO BY KAREN DURRAN

Marshall Chanda, a counsellor at Conestoga College's Doon campus, studies his schedule.

only because they cannot deal with their own problems effectively. That stigma is something and shouldn't affect whether a student seeks help or not.

To find out more about Counselling Services on your campus or to book an appointment, visit the reception area office and speak with the secretary or visit www.conestoga.ca/counselling-services.

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## CAREER AND EMPLOYMENT RESOURCES

### Study in Australia

October 21, 10 a.m. - Open campus, division

Drop-in table for the students to meet with representatives from Study in Australia about post-secondary options in Australia. No registration is required.

### Degree Planning Workshop

If you have a career plan that includes visiting your degree? Or you'd like to attend this workshop to learn about:

- Knowledge & degree programs
- The business environment has changed but with persistence in Canada the dream is still alive!
- Application Process: Transcripts, resumes and how MyCareer is required via MyCareer
- See MyCareer for more details about all areas.

### Resume and Cover Letter Workshop

Friday, Nov. 2, 1-2 p.m., Cambridge campus

Wednesday, Nov. 7, 1-2 p.m., Guelph campus

Friday, Nov. 10, 1-2 p.m., Brantford campus

Drop-in table for the students to meet with representatives from Study in Australia about post-secondary options in Australia.

No registration is required via MyCareer.

### Job Search and Interview Workshop

Friday, Nov. 2, 1-2 p.m., Cambridge campus

Wednesday, Nov. 7, 1-2 p.m., Guelph campus

Friday, Nov. 10, 1-2 p.m., Brantford campus

Drop-in table for the students to meet with representatives from Study in Australia about post-secondary options in Australia.

No registration is required via MyCareer.

## MyCareer

From the Student Portal, click on the "MyCareer" tab. Use MyCareer

From MyConestoga, click on Student Tools. Use MyCareer



# Conestoga College fundraises for the United Way

**Human services foundation students and Student Life plan ghoulish activities**

## BY KAREN DURRAN

Since 2006, Conestoga's Student Life department has worked with the Human Services Foundation program to raise money for United Way.

Lori Kersey and Janice Edmonson are both Student Life co-coordinators who work on campus with the Foundation. United Way funds program manager of the Human Services Foundation program, and her students will lead fundraising efforts starting Oct. 20-21 in the Student Life Centre.

The students are right into these groups, approaching and logistics planning and advertising and community

### Events

The HSF program is a one-year certificate program designed to help students who are oriented to careers in human services to discover their program of choice and to become involved in each program's only dedicated role: Human resources and human social services management.

Agencies who benefit from United Way funding will set up booths in the Student Life Centre at these events. They include the House of Friendship, the Waterloo Wellington Centre and the Waterloo Wellington Works in Conestoga. Representatives speak at a

seminar to be on campus to educate and orient new students.

The human services funds raised students will distribute by using grants to give short grants or buy raffle tickets in our poker.

Student Life and the human services foundation program have contributed an average of \$10,000 toward the college's total in past years. Last year, Conestoga's overall goal was \$100,000 and they exceeded that goal to student affairs and faculty and staff contributions.

This year's campaign officially begins Oct. 21 and runs until Nov. 14. Officials have set a goal of \$100,000 which will go to the KW United Way.





Photo by Steve Miller

**Martha's Vineyard fourth-grade students from W.T. Tewksbury Public School examine a tree root that was standing upright Oct. 10 at the Wetherell Regional Museum in Falmouth.**

## Educational festival celebrates regional forests

By STEPHEN MILLER

If a tree falls in a forest and no one is around to hear it, does it make a sound? This question was unanswered as the Wetherell Regional Museum's Forest Festival was filled with students.

The Wetherell Regional Museum had an second annual of Forest Festival on Oct. 5 and 6 in partnership with the City of Falmouth, the Green River Conservation Authority (GRCA), the Wetherell Regional Partnership Network and the Children's Water Education Council. The two-day festival featured educational workshops and messages about the natural processes of the Region's forests.

"The goal is to try to educate students on forest resources, ecology and biodiversity issues," said Dave Niedfeld, the director of education at the Wetherell Regional Museum.

Niedfeld said the festival was directed at Grade 4 and 5 students because the Wetherell learned all the science aware topics in their school's science curriculum.

There were stations set up throughout the Deon Heritage Village, located directly behind the museum, which had handicap accessible for the students.

At the Medieval Forest, an area set up behind one of the houses in the village, students learned about the dif-

ferent medicinal plants that our forefathers have used by following a series of clues.

"These provide the basis for pharmacology. They're worth so much more than just firewood," said Peter Finsler, a resource entrepreneur with the GRCA. "The bark from the willow tree was the basis for Aspirin. White pine needles could be an ingredient in Breyer's mouthwashes."

The Forest Forest table featured were berries and other edibles that can be found in our forests. Here, Daniel Newkirk and Benjamin Cooke, two student volunteers, asked the students were some questions about the main plant photo.

"What can be mixed with paraffin?" Cooke asked, and "the answer is jello!" each student was given a small bowl.

"What can you eat right off the branch after you pick them?" Cooke said. "Blackberry?"

There was also a table that displayed the different types of wood that our forests contain, such as maple, yellow cherry and oak. This station showed the different colors, textures and hardness of the woods.

"Have you ever looked at the rings of a tree before?" The white poplar shows how much tree grows in a summer. The black maple shows how much it grows in winter. And there's always a student volunteer.

Leaves and wood, such as

that of the eastern hemlock, sugar, ash, basswood, "the big wood which is white and smells the pinecones and eastern and the hardwood, which is black and the hardest part of the tree."

One of the indoor stations was on archaeology, a type of archaeology that looks at the identification of plant remains found on surface level sites. The station had various specimens of ancient Native shells, plant pits and graves, which were compared to specimens from today.

Randy Pachucki, the archaeologist operating the archaeology station, said that participating in the festival was a real thrill.

Pachucki's wife, Margaret Ann, said that it was great to see her son involved in the station's shared operation.

"The charcoal is about 1,000 years old, and there teacher said, 'what year is it?' and the children replied that it was 1011," Margaret Ann said. "When their teacher asked them what year the charcoal was from they said, '11.' They were so amazed."

The lab was covered with charcoal. The whole afternoon smoking down one cigarette after another.

"They are learning archaeology as school, so I thought it would be good to bring charcoal with us," the year four teacher, Emily and Monica Neill, a Grade 4 teacher at W.T. Tewksbury Public School in Falmouth.



Photo by Steve Miller  
Daniel Newkirk (left) a student volunteer at the Forest Forest table, answers a question from one of the many visitors that attended the festival in Falmouth.



The 45th annual Oktoberfest Wunderbar! Bierkugeling Day parade was held on Sat., Oct. 12, starting at 8:30 a.m. on King and Elm streets in Mukwonago, and finishing the afternoon away at King and Madison streets in Waukesha.



The Goodwill Purple Giant was honored along King Street as part of the parade. Participants collected 10,000 pounds of non-perishable food and over \$24,000 in cash donations for the Food Bank of Wisconsin Program.

## OKTOBERFEST PARADE WAS WUNDERBAR



Photos by  
Laurie Snell



Performers in traditional dirndl attire, danced on King Street. The parade also featured floats, marching bands, and singing groups, which entertained the thousands who lined the route.



The Kenosha County Sheriff's Police marched in the parade, which was attended by more than 150,000 people.



Goodwill Purple Giant was the only 10,000-dollar-donated float during the parade. Unfortunately for them, the 12th Annual Bierkugeling Day was the People's Choice Award and the Kitchens-Mukwonago Bierkugeling Wagon took the best float award.

# Abortion debate not dead

By TREVOR RABSON

The abortion debate is not dead, it's alive and kicking.

Rabson, a midwife and former Catholic nun who refused to give her last name or allow a photo of her face to be taken, stands at the steps and angled posters before the sparsely visited lobby ledge of Transport past Island the health centre. With a sign that reads "Abortion kills a baby," she's sending a clear message to all who pass.

The name Rabson, which translates from Latin to born again, was the name Renaissance philosopher René Descartes took when preparing to write his *Meditations on First Philosophy*, a book which largely investigates a priori knowledge, a type of knowledge that one has before experiencing it — the kind of logic a body would have — and to which one is supposed to which he believed was a proof for the existence of God.

"If abortion was imposed on you or I, we'd wonder if having — everyone wants to have," Rabson said, who as another anti-abortionist, differs from her pro-abortionist, more discerning sis-

ter Valery. "The (proverb) goes the same way, it's always."

Many of the newest generations of abortion protesters across the city and worldwide are affiliated with a campaign called 40 Days for Life.

Forty Days for Life is also a book by international speakers David Bozell and Steven Corry. The authors are working hard at making it a bestseller.

In a public letter addressed to patrons of the movement, Corry said: "THURSDAY is the most important day of sales for a new book. Let's rally together THURSDAY to get sales people and stores 40 Days for Life on the bestseller charts."

The Forty Days for Life campaign has a self-calculated list of 875,000 people. Their website claims that 40 abortion clinics have been closed since the movement's inception.

"From 50 to 60 or 70 people are running them, they want to move their opinions," Rabson said. "Even if I'm raped, why add more misery?"

Foothills Health Choices, which is owned and operated by Grand River Hospital, has an abortion clinic which performs procedures on a non-



PHOTO BY TREVOR RABSON

Rabson, who didn't want her last name published or a photo of her face taken, goes to end abortion on King Street.

regular basis.

"We not exactly sure, this demonstration has taken place for a number of years," said Mark Riedelhoff, director of communications for Grand River Hospital. "We acknowledge their perspective,

but we provide the service and our standpoint is to make sure patients have access to the service."

Abortion was legalized in Canada by the Pierre Elliott Trudeau government in 1988. The pro-life legislation, was

argued by an academic belief called the Doneddu-Lewis hypothesis which argues that legal abortion reduces crime.

Eighteen-to-24-year-olds are most likely to commit crimes. Eighteen years after abortion was legalized, crime began to dramatically decline in both Canada and the United States.

The cold fact is children who were wanted are aborted instead of put up for adoption and often neglected, or pushed into the arms of a rough boy.

Pro-life Foothills Waterloo Region, a local pro-choice organization, was responsible for comment on the abortion protests widespread across the city. A recently added poster on their Facebook will read: "Normal abortion clinics in school should just be listening to a baby cry for five hours straight while watching the same cartoon on repeat."

As more men argued in local forums and more supporters flocked down to support the campaign, Rabson looked at me and said "maybe one day I'll be born again... because a better person than I am already."

## Psychic enlightening

By BRUCE GRIERSON

Psychic Dan Wilkes started Conviction students in the Conviction by selling them their books, the catch being that the students were only allowed to talk their questions. Wilkes has been involved with the paranormal since 1988, was the director of the Paranormal Enlightenment Center for seven years and was also the chief executive for the Association of Psychic Investigators Research. He has also appeared on over 1,000 radio shows, performed and lectured at over 1,000 live events and was the host of The Universal Psychic, a television show that ran on Rogers TV for six years.

Wilkes has written three novels, the latest titled The Precious World and After That Can Be Apart of It which has recently been released on Kindle. He also was voted the second best psychic in Canada and third in the world.

Students lined up in front of the bar leading up to the stage to have their reading by Wilkes. Before I went up, a small audience watched in a corner of the room. Most of those there were women who had come to ask Wilkes for

three questions. When asked if she believed in the paranormal, she replied without hesitation. She said, "I am on the other belief. I want to work for convictions to change my mind before I make up my mind. I'm not sure if I believe in it, but I do believe that there are people who have really good insight."

Taylor Deneell, another social science student in her one year post, was less skeptical before going up to see Wilkes. "I believed in the paranormal before, and I believe even more strongly." She went on and said that it was a great experience learning about her beliefs. "It was something I've always wanted to do, but I've never had the opportunity to do it and I believe now I can do little bit of it."

When asked to describe what he does as a psychic Wilkes said, "I'm a certified psychometrist, which means I deal with probabilities and potentials of future events. Recently when the students ask me a question I go with the expression, I say, 'Wilkes would not tell.' They right right off of 10 times, no psychic is right 100 percent of the time."

Wilkes also said that every one is psychic to some extent. "We all have within us the potential to trust ourselves much

more within. The only difference between you and I is that I've been practicing my abilities for a lot longer." In addition to giving readings, Wilkes teaches psychic development and consciousness workshops at Conviction, their campus and online. "The first thing I do is to teach people to trust their own gut intuition. Then there are little exercises, little games you can play and little things you can do to train your intuitive more. It's not that difficult to learn if you simply trust."

And for everyone who has slept and dreamt about Wilkes and psychics in general, Wilkes said he was too tired to be standing out. "I got involved in a sleep study, sleeping everything but a bunch of garbage and everyone was running a double shift every night. I was ground weary very early in my memory."

Wilkes also said, "I did Parkinson's in the 2000s but got rid of it for the Green Party. I know I was going to get diagnosed, but I had a spot in the database. Wilkes had it and it made national news and I was the only psychic ever to run for Parkinson."

Wilkes is scheduled to appear at Conviction's Open House on May 23. Tickets for that check out on line tickets, www.consciousnessconviction.com.

## PREPARING FOR OKTOBERFEST



PHOTO BY MIKE HORN

Conviction student Christopher is a cookout stand on Frederick Street in Waterloo in preparation for the beginning of the 40th annual Oktoberfest on Oct. 12.

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## GARBAGE ART MADE ENTIRELY OF TRASH



Trash is being turned into art at the Berlin Tower Apartments in Waterloo City Hall. Brian Coulter's Litter-ART exhibit will run through October.

# Mental health gets \$27-million boost

BY AARON CLEGG

The Ontario government has announced that they will provide \$27 million in total, over a three-year period for additional mental health services and tools to postsecondary students across the province. The plan, announced by the Minister of Training, Colleges and Universities on Oct. 4, will allow up to 20 new mental health facilities and help students identify resources of mental health care.

This plan also includes a personalized telephone line for issues no Good Talk, where students can call 1-844-helpline a day every day, to talk about their issues regarding student life, health or mental health concerns.

Conestoga College is not to receive \$100,000 of the funding over a three-year period to develop a project which will engage, inform and assist stu-

dents with autism spectrum disorder and other mental health problems.

"Over the past several years, all students will experience, including Conestoga, have seen an increase in numbers of students with autism spectrum disorders," said Heather Harford, co-founder and controller at Conestoga College's Counselling Services in an email.

Harford said one in four people will experience mental health issues in their lifetime and that the government's recent announcement is good news.

"In addition to students with autism spectrum disorder, we also recognize that depression and anxiety can be quite common in our student population. So it is important that we talk about these issues to reduce the stigma and also to know that help is available."

The province is also setting

a Youth Suicide Prevention Plan in motion to help college and university students. This plan will provide the training and funding and will educate communities on how to more effectively prevent youth suicide.

"Research indicates that our role can be the second level in terms of death for youths, and Canadian Mental Health Association website site in seven Canadian universities recently participated," Harford said.

"It is important that we talk about these issues to reduce the stigma and also to know that help is available."

Students who feel that they need to talk to someone about their mental health and substance use visit Counselling Services at 1-800-264-1234 or the Deep program or visit www.conestoga.ca/counselling.aspx. You can also call Deep@Conestoga.ca or 1-866-833-5664.

## BOX 13 Art Show & Sale

**November 16 and 17 • 1-4 pm**  
Free admission! Free pre-show public talks!

## Art for all, and all for art

BY DALE MCKEELEN-BROWN

Organizers of the BOX Art Show and Sale invite artists from all over Waterloo Region to give them a few months and filled with art, food and fun.

The regional show begins on Nov. 16, and takes place until

the closure of the show at 10 a.m. on Sunday, Nov. 17 in the Waterloo Region, next to Conestoga's 1000 Art Foundation and general organizer.

Local artists submit their pieces of art, which include sculptures, paintings and media.

The work is diverse and comes from artists all over the region, Normal said.

The art is then judged by a panel of art professionals and those who are chosen submit additional art to BOX. The

year, 12 artists have been chosen to participate.

"Each of those artists will have an average of about eight works of art on display at BOX, so it's a really big show," Normal said.

People attending can meet the creators of Waterloo Region's arts of all experience levels, as well as attend their reception, which are given the opportunity to sample and taste their work, and are also offered help to develop their skills.

Each year, BOX plan with a different charitable organization and donate them to be a part of their team. This year, the chosen charity is the Independent Living Centre of Waterloo Region. "The charity's statement, 'Helping People with Disabilities Achieve Independence,' is in line with Box's goal of supporting local artists. The organiz-

ation gives 10 per cent of their sales back to the charity.

"It is an amazing, high-profile show but it doesn't have any of the pretense or bias that often keeps people from going to art galleries," Normal said. "It's a lot of fun and people are always surprised when they go to it - it's a very different thing than Waterloo Region."

The 1000 Art Show and Sale, being held at 1111 Austin Street in Kitchener, is a free event and open to the public on Nov. 16 and 17 from 1 to 4 p.m. Before the show, there are free talks that the public can attend, and people can also purchase a \$5 gourmet lunch. Attire will present to ensure proper garments.

For more information about the art show and sale, go to [www.boxartshow.com](http://www.boxartshow.com).

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## CONESTOGA PROMOTES OCTOBERFEST



PHOTO BY CALIE WILHELM/STAFF PHOTO

James Gray from K-Mill (Waterloo's marketing, promotion, media) information about Oktoberfest and Rebecca Lepster, a first-year health systems student, Conestoga College offered students a short interview at Oktoberfest events in the area.

## A Day to Remember, album forgotten

BY ERIN HEDGES

After three long months, American rock band A Day To Remember released its new album *Conquer*. However, the three month delay was due to court appearance where they fought their record label, Victory Records for the right to release the new album independently.

They eventually earned the rights to the album, but did not break free from Victory Records deal. Although the band has released five records, the label is refusing to count those two live albums toward the tally. That ruling was possible only because of the loopholes found within the contract that binds A Day To Remember to Victory Records and the vagueness that endures the terms of agreement.

The band is most well known for its intense mixtures of metalcore and pop punk. Their albums tracks are more defined than their previous releases with these songs being more defined as a single genre, rather than their various mixtures. The first song on the album City of Devils and the fifth track, Rest of Me, tell true to their poppunk sound and songs such as Malice (although it

## Band Review



**Enough and The Recovery**  
Screams For Help/One Party  
Majestic

remained one of the most prominent features that separated them from other bands.

The album itself seemed nearly. However, the one majority of the songs that are considered however, fit very generic and uninteresting. Containing open chords and sustained breakdowns, they lack intricacy and had "your standard trash" feeling.

The pop-punk-oriented songs had a similar feeling of genericness and didn't make a large impact, that would separate them from any other pop-punk band. For the most part, these songs followed common traps and chord progressions within the pop-punk genre.

The solo tracks that were considerably different and stand out were the acoustic tracks. They were soft and melodic and the track, End of All showed the band rock out on the band throughout the album.

Despite the fact that the band thought it had to release the album independently, the alternative folk-like they used many some of the aspects that made them an acoustic outfit. Hopefully, in the future they return to their previous major mixture of metalcore and pop punk and stay true to their genre, independent.

## An erotic and erratic charade

Body  
Swimsuit  
Edition

I am sick and tired of Miley Cyrus, sick and tired of the media's over sexualization of women, over sexualizing us all, and I am tired of us as a society just making it ok.

Miley Cyrus has become increasingly associated with women and girls being prostitutes sexual and pornographic. The perfect and most readily recognized example is this photo. Miley Cyrus situation. I know we have been in the cycle of the media eye lately and then the cycle of ours.

As her most recent music videos, Wrecking Ball and Can't Stop, Cyrus is dressed in provocative themes, painted dancing and just straight up indecent. Most people were surprised at this and due to accusations from one little Disney star to another taking every person.

But is she a better person? I've heard angry stories in the back. "She's just trying to do that herself". She just wants attention. Like Nicki Minaj. Let's be real here, a moment though. Cyrus is a fully grown, mature woman. She has been raised in this industry and is surrounded by both female and male fans who use people. All of them are considering this character right down to the strange makeup underneath. Both create and create more like her music, has been sensational and her profit. And she's undeniably making a lot of it.

Cyrus is inferior in every

respective to a plethora of artists, but I believe she is also an selling point and reason that the way to get attention and fame is to be sexual, not just sex. It is true that people can do what they want, but someone who is strong, these powerful images into the public eye needs to be aware of the impact they are having on society.

Cyrus's actions are impacting the way young women see themselves and what they desire to be the "good life". The simple fact that we will take up and give our her business strategy is a sell reality.

By letting her escape by the creation of her own entertainment and by giving her the publicity she wants, we are showing just how shallow we are. I would like to remind everyone that Miley Cyrus being completely inappropriate is doesn't matter. Her life is her life, not something that should rule our world either.

So let the press be about the news. Let the media be about important matters and comment on moral standards. I'm sick and tired of making up everything else.

## BUSINESS LOUNGE A BIG SUCCESS



PHOTO BY ERIN HEDGES

A group of Conestoga students sit and enjoy the new Conestoga Business School lounge located in the dimensions subsection of the main campus.

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